

SAMPLE - Physical Fitness Test 2004 - Student Data Collection Form

Student Name: _____ Test Date: _____ Student ID #: _____

I. STUDENT DEMOGRAPHICS -- Fill in all information whether student has tested or not.**A. County-District-School Code** _____ - _____ - _____**B. District Name:** _____**C. School Name:** _____**D. Charter School Number:** _____ ('000' for dependent Charters or public schools)**E. Grade:** _____ (5 or 7 or 9)**F. Date of Birth (required):** _____ (mm/dd/yyyy)**G. Gender (required):** _____ (M / F)**H. Ethnicity**

(Mark one of the following)

____ American Indian or Alaskan Native

____ Asian

____ Pacific Islander

____ Filipino

____ Hispanic or Latino

____ African American (not Hispanic)

____ White (not Hispanic)

____ Other

____ Declined to State

I. Reason for Incomplete Data

(Check one of the boxes and choose one of the following)

☐**Student not tested**☐**Student with partial data**

____ Absent on Test Date and All Make-up Sessions

____ Waiver Granted

____ Individualized Education Program (IEP)/Disabilities

____ Extraordinary Circumstances

____ Medical Excuse

***** Continue to Section II if student has tested or partially tested. *****

II. INDIVIDUAL STUDENT SCORES - Fill in all applicable data for each item below.**J. Aerobic Capacity (Select one)****1) The Pacer**(No. Of laps) **2) Mile Walk/Run** Min.
 Sec.**3) Walk Test** Min.
 Sec.Heart Rate
(# Of beats in 15 sec.)Weight lb. **K. Body Composition (Select one)****1) Skinfold Measurement**Triceps (mm)
Calf (mm) **2) Body Mass Index**Height (ft., in.)
Weight lbs.**3) Bioelectric Impedance/
Automated Skinfold Caliper**% Body Fat **L. Abdominal/Trunk Strength (both fields required)****1) Abdominal Curl-Ups**(No. of curl-ups) And**2) Trunk Lift**(No. of inches) **M. Upper Body Strength (select one)****1) Push-Ups**(No. of push-ups) **3) Pull-Ups**(No. of pull-ups) **2) Modified Pull-Ups**(No. of pull-ups) **4) Flexed Arm Hang**(No. of seconds) **N. Flexibility (select one)****1) Back-Saver Sit-and-Reach**Left Side inchesRight Side inches**2) Shoulder Stretch (Write P for Pass or F for Fail)**Left Side (P/F)Right Side (P/F)